

### Compassion Satisfaction and Fatigue Test

Stamm BH (2002) Measuring Compassion Satisfaction as Well as Fatigue: Developmental History of the Compassion Satisfaction and Fatigue Test. In CR Figley (Ed.), *Treating Compassion Fatigue* (pp. 107-119). New York: Brunner-Routledge.

**0 - never      1- rarely/never    2 - at times      3 - not sure      4 - often    5 - very often**

- 1) I am happy.
- 2) I find my life satisfying.
- 3) I have beliefs that sustain me.
- 4) I feel estranged from others.
- 5) I find that I learn new things from those I care for.
- 6) I force myself to avoid certain thoughts or feelings that remind me of a frightening experience.
- 7) I find myself avoiding certain activities or situations because they remind me of a frightening experience.
- 8) I have gaps in my memory about frightening events.
- 9) I feel connected to others.
- 10) I feel calm.
- 11) I believe I have a good balance between my work and my free time.
- 12) I have difficulty falling or staying asleep.
- 13) I have outbursts of anger or irritability with little provocation.
- 14) I am the person I always wanted to be.
- 15) I startle easily.
- 16) While working with a victim I thought about violence against the perpetrator.
- 17) I am a sensitive person.
- 18) I have had flashbacks connected to those I help.
- 19) I have good peer support when I need to work through a highly stressful experience.
- 20) I have had first-hand experience with traumatic events in my adult life.
- 21) I have had first-hand experience with traumatic events in my childhood.
- 22) I have thought that I need to "work through" a traumatic experience in my life.
- 23) I think I need more close friends.
- 24) I think that there is no one to talk with about stressful experiences.
- 25) I have concluded that I work too hard for my own good.
- 26) Working with those I help brings me a great deal of satisfaction.
- 27) I feel invigorated after working with those I help.

- 28) I am frightened of things a client has said or done to me.
- 29) I have experienced troubling dreams similar to those of a client of mine.
- 30) I have happy thoughts about those I help and how I could help them.
- 31) I have experienced intrusive thoughts of session with especially difficult clients.
- 32) I have suddenly and involuntarily recalled a frightening experience while working with a client.
- 33) I am preoccupied with more than one person I help.
- 34) I am losing sleep over a person I help's traumatic experiences.
- 35) I have joyful feelings about how I can help the victims I work with.
- 36) I think I might have been "infected" by the traumatic stress of those I help.
- 37) I think I might be positively "inoculated" by the traumatic stress of those I help.
- 38) I remind myself to be less concerned about the well-being of my clients.
- 39) I have felt trapped by my work as a helper.
- 40) I have a sense of hopelessness associated with working with those I help.
- 41) I have felt "on edge" about various things and I attribute this to working with certain people I help.
- 42) I wish I could avoid working with some people I help.
- 43) Some people I help are particularly enjoyable to work with.
- 44) I have been in danger working with people I help.
- 45) I feel that some people I help dislike me personally.

**Items about Being a Helper and Your Helping Environment**

- 46) I like being a helper.
- 47) I feel I have the tools and resources I need to do my work as a helper.
- 48) I have felt weak, tired, and run down as a result of my work as a helper.
- 49) I have felt depressed as a result of my work as a helper.
- 50) I have thoughts that I am a "success" as a helper.
- 51) I am unsuccessful at separating helping from personal life.
- 52) I enjoy my coworkers.
- 53) I depend on my coworkers to help me when I need it.
- 54) My coworkers can depend on me for help when they need it.
- 55) I trust my coworkers.
- 56) I feel little compassion toward most of my coworkers.

57) I am pleased with how I am able to keep up with helping technology.

58) I feel I am working more for the money or prestige than for personal fulfillment.

59) Although I have to do paperwork that I don't like, I still have time to work with those I help.

60) I find it difficult separating my personal life from my helper life.

61) I am pleased with how I am able to keep up with helping techniques and protocols.

62) I have a sense of worthlessness/disillusionment/resentment associated with my role as a helper.

63) I have thoughts that I am a "failure" as a helper.

64) I have thoughts that I am not succeeding at achieving my life goals.

65) I have to deal with bureaucratic, unimportant tasks in my work as a helper.

66) I plan to be a helper for a long time.

### Scoring

Mark the items for scoring and add each total:

a) 1-3, 5, 9-11, 14, 19, 26-27, 30, 35, 37, 43, 46-47, 50, 52-55, 57, 59, 61, and 66.

b) 17, 23-25, 41, 42, 45, 48, 49, 51, 56, 58, 60, and 62-65.

c) 4, 6-8, 12, 13, 15, 16, 18, 20-22, 28, 29, 31-34, 36, 38-40, and 44.

a) Your potential for compassion satisfaction:

118+ : extremely high potential

100-117: high potential

82-99: good potential

64-81: modest potential

63- : low potential

b) Your risk for burnout:

36- : extremely low risk

37-50: moderate risk

51-75: high risk

76-85: extremely high risk

c) Your risk for compassion fatigue:

26- : extremely low risk

27-30: low risk

31-35: moderate risk

36-40: high risk

41+ : extremely high risk